

DRAFT

New Nutritionist Training Agenda

DAY 1: Tuesday, June 27, 2006

8:30-9:00	Welcome/Introductions/Travel
9:00-10:30	Welcome to WIC <ul style="list-style-type: none">• WIC's vision, mission, and philosophy• Overview of key WIC policies• Your unique responsibilities• Utilizing nutrition standards in WIC <i>Jacqueline Beard, Training Coordinator</i>
10:30-10:45	Break
10:45-11:30	Breastfeeding Promotion and Support in the WIC Program <ul style="list-style-type: none">• Your role in breastfeeding promotion• How WA WIC measures up? (breastfeeding data)• What works in WIC clinics <i>Jean O'Leary</i>
11:30-12:45	Lunch
12:45-1:45	Guiding Nutrition Education Year-round <ul style="list-style-type: none">• Philosophy and goals of nutrition education• Making your NEP work for you• Continuous improvement of nutrition services <i>Margaret Dosland</i>
1:45-3:00	Nutrition Risk Criteria: It Doesn't Have to be "Risky Business" <ul style="list-style-type: none">• Understanding the Federal Nutrition Risk Criteria• A look at Washington's High Risk Criteria <i>Jacqueline Beard</i>
3:00-3:15	Break
3:15-4:30	Maximizing the Nutrition High Risk Care Plan Tool <ul style="list-style-type: none">• Review high risk care policies• Effective use of RD wizard and reports <i>Margaret Dosland, Training Consultant</i>

Thank you for completing your feedback forms

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DAY 2: Wednesday, June 28, 2006

8:15-8:30	Network/Travel
8:30-10:00	Prenatal Nutrition <ul style="list-style-type: none">• Assessing weight gain• Key prenatal conditions to manage <i>Leanne Burkhalter-Eko, Training Consultant</i>
10:00-10:15	Break
10:15-12:00	Infant Nutrition <ul style="list-style-type: none">• A thorough formula review• Breastfeeding basics• Understanding feeding cues and building a positive feeding relationship <i>Leanne Burkhalter-Eko</i>
12:00-1:15	Lunch/Walk
1:15-3:00	Child Nutrition <ul style="list-style-type: none">• Feeding is parenting• Addressing those challenging feeding issues <i>Leanne Burkhalter-Eko</i>
3:00-3:15	Break/Travel
3:15-4:30	Partnering to Support WIC Families: Medicaid and Children with Special Health Care Needs <i>Yuchi Yang, CSHCN Nutrition Consultant</i>

Thank you for completing your feedback forms



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Cat. DAY 3: Thursday, June 29, 2006

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| 8:30- 9:00 | | Network/Travel |
| 9:00-10:15 | II | Foundations of Behavior Change <ul style="list-style-type: none">• Theoretical and research background• Principles of MI: Spirit, Style, Skills• Practice: Listening Skills; Open Questions; Reflecting, Summarizing <i>Marian Johnson, MS, RD, Training Consultant</i> |
| 10:15-10:30 | | Break |
| 10:30-11:30 | II | Foundations of Behavior Change cont. |
| 11:30-12:45 | | Lunch |
| 12:45-2:30 | II | Skill Practice <ul style="list-style-type: none">• Getting started: setting the agenda• Information exchange• Options, client choice• Self Motivational Statements: eliciting Change Talk• Rolling with Resistance |
| 2:30-2:45 | | Break/Travel |
| 2:45-4:15 | II | Skill Practice <ul style="list-style-type: none">• Exploring ambivalence• Assessing Readiness, Importance, Confidence• Pros and Cons Matrix• Strengthening commitment• Effective brief intervention: FRAMES |
| 4:15-4:30 | | Close/Feedback/Travel |

Thank you for completing your feedback forms
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